

Echo

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Linda Pink (AUS) - March 2017
音乐: Echo - Chris Mann : (Album: Constellation)



Original Position: Feet Together Weight On The Left Foot.

NOTE : This dance is done to the SLOW beat of the music and is NOT fast.

This dance is done in FOUR directions. Introduction : 16 SLOW Beats

FORWARD, ACROSS-SIDE-BEHIND, BEHIND-1/4 FORWARD-FORWARD, BACK-1/2 FORWARD-QUICK PIVOT-FORWARD

- 1 Step R Forward,
- 2 & 3 Sweep To Step L Across In Front Of Right, Step R To The Side, Step L Behind Right,
- 4 & 5 Sweep To Step R Behind Left, Turn 90° Left Step L Forward, Step R Forward,
- 6 & Step L Back, Turn 180° Right Step R Forward,
- 7 & 8 Quick Pivot : Step L Forward, Turn 180° Right Take Weight Onto R, Step L Forward. (9.00)

ACROSS-SIDE-BEHIND, BEHIND-1/4 FORWARD-FORWARD, BACK-TOGETHER-QUICK PIVOT, QUICK PADDLE-FORWARD

- 1 & 2 Sweep To Step R Across In Front Of Left, Step L To The Side, Step R Behind Left,
- 3 & 4 Sweep To Step L Behind Right, Turn 90° Right Step R Forward, Step L Forward,
- 5 & Step R Back, Step L Together,
- 6 & Quick Pivot : Step R Forward, Turn 180° Left Take Weight Onto L,
- 7 & 8 Quick Paddle : Step R Forward, Turn 90° Left Take Weight Onto L, Step R Forward. (3.00)

FORWARD, FORWARD, ACROSS-SIDE-BEHIND, BACK, BACK, BEHIND-1/4 FORWARD-FORWARD

- 1, 2 Sweep To Step L Forward, Sweep To Step R Forward,
- 3 & 4 Step L Across In Front Of Right, Step R To The Side, Step L Behind Right,
- 5, 6 Sweep To Step R Back, Sweep To Step L Back,
- 7 & 8 Step R Behind Left, Turn 90° Left Step L Forward, Step R Forward. (12.00)

BACK-1/2 FORWARD-FORWARD, QUICK ROLL-FORWARD, QUICK PADDLE-SHUFFLE ACROSS-SIDE &

- 1 & 2 Step L Back, Turn 180° Right Step R Forward, Step L Forward,
- 3 & 4 Turn 180° Left Step R Back, Turn 180° Left Step L Forward, Step R Forward,
- 5 & Quick Paddle : Step L Forward Turn 90° Right Take Weight Onto R,
- 6&7 ## □ Shuffle Left Across In Front Of Right Step : L-R-L,
- 8 & Step R To The Side, Step L Together.

[32] □ REPEAT THE DANCE IN NEW DIRECTION

RESTART : On WALL 5 Dance To BEAT 31 (##) Add The Following & Restart The Dance Facing 9.00

- 1 Hold,
- 2, 3 Step R To The Side Push Hips Right, Push Hips Left

Contact: ldpink@bigpond.net.au